



LIVE HEALTHY RECIPE

### **Freekeh Apricot Bowl**

Freekeh is a great way to get flavor and extra protein and fiber in the morning.





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### INGREDIENTS:

- Grain, Freekeh (8 ounce )
- Water (1-1/2 quart)
- Cinnamon Stick (1/2 each)
- Extract, Vanilla Pure (1 tsp)
- Apricots Dried (6 tbsp.)
- Almonds (6 tbsp.)

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PREP TIME: 2 TO 5 MINUTES | COOK TIME: 30 TO 35 MINUTES | YIELD: 4 SERVINGS

### DIRECTIONS:

1. Place Freekeh grains, water and cinnamon stick into a pot and bring to a boil. Lower heat and simmer covered until grains are tender, about 30 minutes.
2. Season with vanilla extract and garnish with apricots and almonds. Serve hot.
3. Portion size: 1 cup cereal with 1 tbsp. almonds and 1 tbsp. apricots

### HEALTH BENEFITS OF FREEKEH:

Move over, quinoa! There's a new grain in town. Freekeh is a high-fiber, high-protein food made from fire-roasting the heads of wheat to make the seeds inside smoky and tender. While fairly new to western diets, freekeh is an ancient grain, like quinoa, spelt, amaranth, and farro, that has been harvested for food for thousands of years.